

## Social-Emotional Resources for Social Emotional Consultants (SEC)

As a SEC, you are in a role of supporting the CFC staff and the EI providers in their work with families. This role has always been important in our system but is even more so now. A social emotional subgroup of the Reopen Illinois EI workgroup was formed to consider how to assist SECs in supporting the social emotional needs of the stakeholders in our system. Listed below are resources we hope you will find useful in your role.



### Leadership Strategies – *Morale, Meetings, Mindset*



**Governor’s Office Of Early Childhood Development (GOECD)** A collection of resources with a focus on wellness, resilience, and reflective leadership, to help manage stressors and to promote wellness. This is a comprehensive listing you can use to find articles such as “3 Thoughts for Leaders In A Perilous Time” and podcasts including “Engaging Leader Podcast” which delves into topics like “Coronavirus- Supporting Employee Mental Health During a Pandemic with the IBM Deputy Chief Health Officer  
[https://www2.illinois.gov/sites/OECD/Documents/Leader%20-%20SE%20Toolkit 06.01.20%20doc.pdf](https://www2.illinois.gov/sites/OECD/Documents/Leader%20-%20SE%20Toolkit%2006.01.20%20doc.pdf)

In a time where there is growing polarization of views, leaders may need guidance on how they and their staff can remain neutral in facilitating conversations. The following resource can help.

**National Center on Parent, Family, and Community Engagement** Booklet created for the Head Start community related to making intentional choices about language to promote positive interactions with families  
<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/engaging-with-families-conversations-about-sensitive-topics.pdf>

It may also be helpful to explore resources that make the impact of toxic stress and resilience more understandable.

**Center for the Developing Child at Harvard University-** Video resources on toxic stress and resilience.

Check out “Tipping the Scales –The Resilience Game”- highlighting how families and communities build resilience

<https://developingchild.harvard.edu/resources/stress-and-resilience-how-toxic-stress-affects-us-and-what-we-can-do-about-it/>

Information on helping families and staff build resilience during the pandemic

<https://developingchild.harvard.edu/resources/how-to-help-families-and-staff-build-resilience-during-the-covid-19-outbreak/>



## Well Being



**Calm The Chaos** - This link will take you to a comprehensive listing of resources from the Calm the Chaos training, including videos and website links related to stress management and self-care. Included are links to items such as Mayo Clinic's "Stress Relief from Laughter? It's No Joke" and Mindful.Org's "Zoom Exhaustion Is Real – Here are Six Ways to Find Balance and Stay Connected".

<https://eitp.education.illinois.edu/Files/Webinars/CalmChaosResources.pdf>



## Trainings/Webinars



**Calm the Chaos** – Webinar created by the IL EI Training Program. We urge you to encourage your staff and providers to watch this webinar. A great foundation from which you can host follow up reflective discussions. Check the [EITP Calendar](#) or [contact EITP](#) for upcoming opportunities of this offering.

### **Engage and Attune to Families/Facilitating Attuned Interactions (FAN) Training-**

FAN Training provides both a conceptual framework and a tool for building relationships. Even if you have already participated in a FAN Training, it may be a critical time to reacquaint yourself with it. FAN's creator Dr. Linda Gilkerson describes it as helping clinicians to "...stay steady, centered and empathic" which is so important during times like these. See FAN tools below or check the EITP calendar to find a FAN training in your area.

- *FAN as a Grounding Tool During Uncertain Times ARC of Engagement*  
<https://blogs.illinois.edu/files/6039/140057/169767.pdf>
- *FAN as a Grounding Tool During Uncertain Times Mindful Self-Regulation (MSR)*  
<https://blogs.illinois.edu/files/6039/140057/169768.pdf>

**Childhood Trauma: Understanding, Supporting, Preventing** – A self-paced interactive module providing 4.5 early intervention credits. Some experts have stated that all children have experienced trauma during this pandemic. This module covers the prevalence and impact of trauma, manifestation of trauma in young children, providing trauma-informed supports, and preventing future trauma.

<http://www.cvent.com/events/childhood-trauma-understanding-supporting-preventing-research-4-5-hrs-migrated-to-newer-event-/event-summary->

**Brazelton Touchpoints Center**- A series of free 1-hour webinars and an online learning community exploring the challenges posed by virtual service delivery and sharing strategies providers have found for building and sustaining strong relationships with families virtually. Webinars include “Providing Staff Support and Supervision Virtually” and “Challenging Conversations with Families Virtually”. Webinars are recorded so you can catch them even if you aren’t available at the time they are offered.

<https://www.brazeltontouchpoints.org/vsd/>

**Center of Excellence for Infant and Early Childhood Mental Health Consultation (IECMHC)**- A webinar series focused on Equity in IECMHC. These 1.5 to 2.5 hours sessions were taped between April and July this year and can be viewed individually or as a series. Presenters explore the historical and societal institution of racism and other forms of bias on the early care and education experiences of children and families from marginalized communities and identify ways to address equity, bias, and disparities through and IECMHC framework. Presenters include Shantel Meek of The Children’s Equity Project, Eva Marie Shivers of the Indigo Cultural Center, and Rosemarie Allen of Institute for Racial Equity & Excellence and School of Education at Metropolitan State University of Denver.

<https://www.iecmhc.org/resources/equity/equity-webinars/>